We claim:

- 1. A reduced calorie or non-caloric frozen carbonated beverage comprising:
 - (a) a reduced calorie or non-caloric beverage syrup containing a freezing point depressant;
 - (b) water; and
 - (c) carbon dioxide.
- The beverage according to claim 1, wherein the freezing point depressant comprises a Sugar MNS selected from a group comprising erythritol, isomalt, maltitol, lactitol, fructo-oligosaccharide sweetener or mixtures thereof.
- The beverage according to claim 1, wherein the freezing point depressant is erythritol.
- The beverage according to claim 1, wherein the beverage syrup contains a high-potency non-caloric sweetener selected from aspartame, saccharin, acesulfame-K, cyclamate, sucralose, or a combination thereof.
 - 5. A reduced calorie or non-caloric frozen non-carbonated beverage comprising:
 - (a) a beverage syrup containing a high-potency non-caloric sweetener and a freezing point depressant; and
 - (b) water.
 - 6. The beverage according to claim 4, wherein the freezing point depressant is a Sugar MNS selected from a group comprising erythritol, isomalt, maltitol, lactitol, or fructo-oligosaccharide sweetener.
 - 7. The beverage according to claim 6, wherein the Sugar MNS is erythritol.

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- 8. The beverage according to claim 4, wherein the high-potency non-caloric sweetener is selected from a group comprising of aspartame, saccharin, acesulfame-K, cyclamate, sucralose, or a combination thereof.
- 9. A method of making a reduced calorie frozen carbonated beverage comprising: combining a reduced calorie or non-caloric beverage syrup containing a freezing point depressant at a reduced temperature with water; and carbon dioxide.
- 10. The method according to claim 9, wherein the freezing point depressant is a Sugar MNS is selected from a group comprising erythritol, isomalt, maltitol, lactitol, fructo-oligosaccharide sweetener or mixtures thereof.
 - 11. The method according to claim 10, wherein Sugar MNS is erythritol.
- 12. A method of depressing the freezing point of a reduced calorie beverage syrup comprising:

preparing a reduced calorie beverage syrup by replacing up to one third of a high-potency non-caloric sweetener with a freezing point depressant selected from a Sugar MNS selected from erythritol, isomalt, maltitol, lactitol, fructo-oligosaccharide sweetener or mixtures thereof.